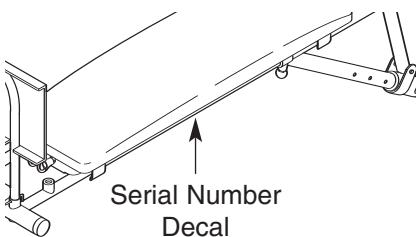


# WEIDER® TOTAL BODYWORKS 5000

Model No. WEEVBE1444.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

**08457 089 009**

Or write:

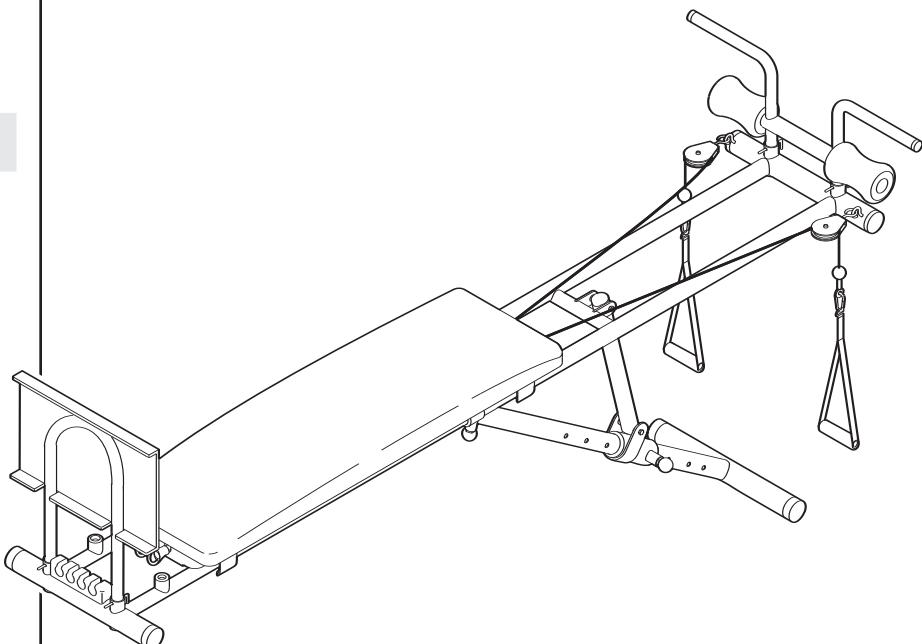
ICON Health & Fitness, Ltd.  
Unit 4  
Revie Road Industrial Estate  
Revie Road, Beeston  
Leeds, LS11 8JG  
UK

email: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

## ! CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

## USER'S MANUAL



Visit our website at  
[www.iconeurope.com](http://www.iconeurope.com)

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## TABLE OF CONTENTS

IMPORTANT PRECAUTIONS .....	.3
BEFORE YOU BEGIN .....	.4
ASSEMBLY .....	.5
ADJUSTMENTS .....	.8
EXERCISE GUIDELINES .....	.10
ORDERING REPLACEMENT PARTS .....	.Back Cover

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight training system.

1. Read all instructions in this manual and all warnings on the weight training system before using the weight training system. Use the weight training system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight training system are adequately informed of all precautions.
3. The weight training system is intended for home use only. Do not use the weight training system in any commercial, rental, or institutional setting.
4. Keep the weight training system indoors, away from moisture and dust. Place the weight training system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight training system to mount, dismount, and use the weight training system.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. The weight training system should not be used by persons weighing over 114 kg (250 lbs.).
7. Always wear athletic shoes for foot protection while exercising.
8. Keep children under 12 years old and pets away from the weight training system at all times.
9. Keep hands and feet away from moving parts.
10. Always tie back long hair to prevent it from becoming caught.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
12. The decal shown below has been placed on the weight training system in the indicated location. If the decal is missing, or if it is not legible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

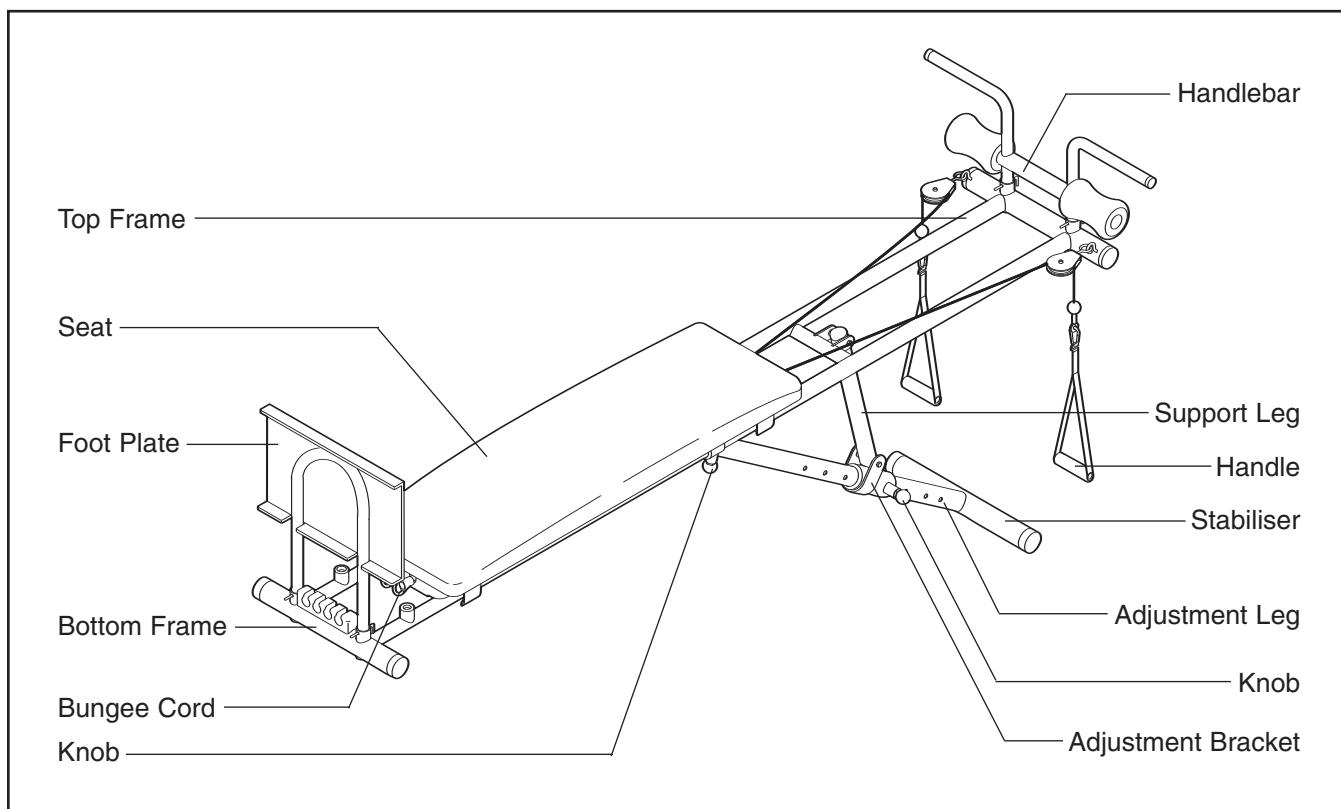
# BEFORE YOU BEGIN

Thank you for selecting the WEIDER® TOTAL BODY WORKS 5000 weight training system. The versatile TOTAL BODY WORKS 5000 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the TOTAL BODY WORKS 5000 will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the WEIDER TOTAL BODY WORKS 5000**

**weight training system.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVBE1444.0. The serial number can be found on a decal attached to the weight training system (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



# ASSEMBLY

## Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight training system can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

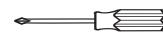
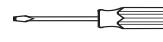
## Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- As you assemble the weight training system, make sure all parts are oriented as shown in the drawings.

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

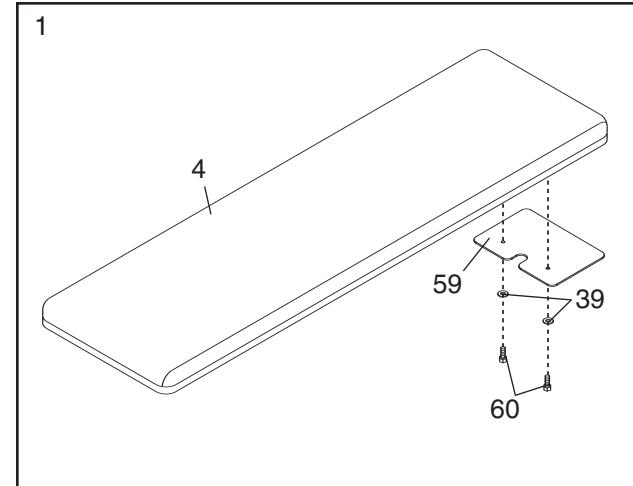
Assembly may require the included grease and the following tools (not included):

- Two adjustable wrenches
- One rubber mallet
- One standard screwdriver
- One Phillips screwdriver
- Clear tape or masking tape, and soapy water.

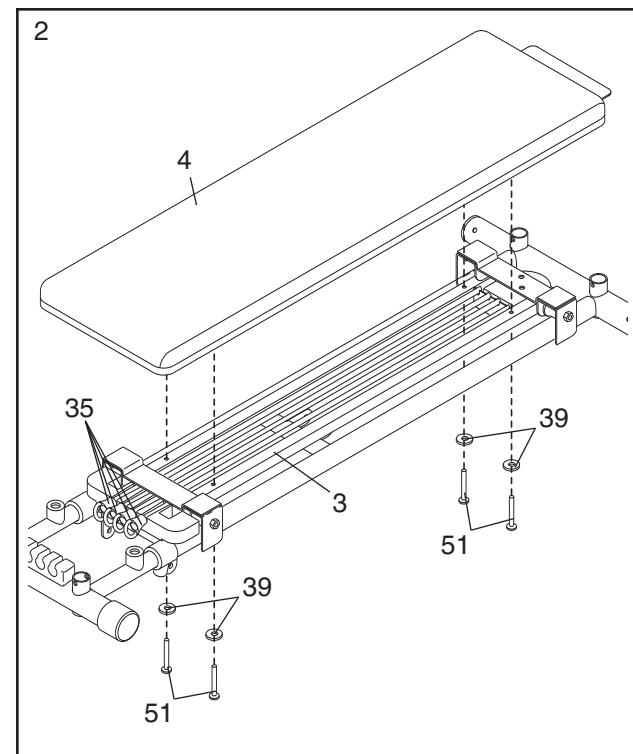


Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Attach the Pulley Guard (59) to the Backrest (4) with two M6 x 16mm Screws (60) and two M6 Washers (39).

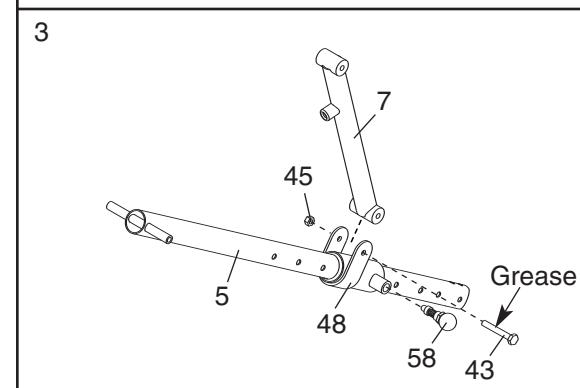


2. Make sure that the Bungee Cords (35) are resting in the brackets on the Backrest Frame (3). Attach the Backrest (4) to the Backrest Frame with four M6 x 38mm Screws (51) and four M6 Washers (39). **Make sure that the Backrest is holding the Bungee Cords in place.**



3. Grease an M10 x 80mm Bolt (43). Attach the Support Leg (7) to the Adjustment Bracket (48) with the Bolt and an M10 Nylon Locknut (45). **Do not overtighten the Locknut; the Support Leg must be able to pivot easily.**

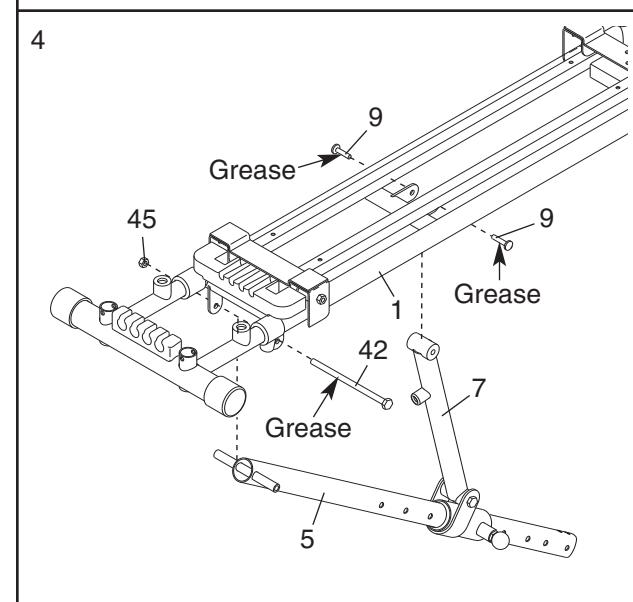
Slide the Adjustment Bracket (48) onto the Adjustment Leg (5). Engage the indicated Knob (58) into the Adjustment Leg, and fully tighten the Knob.



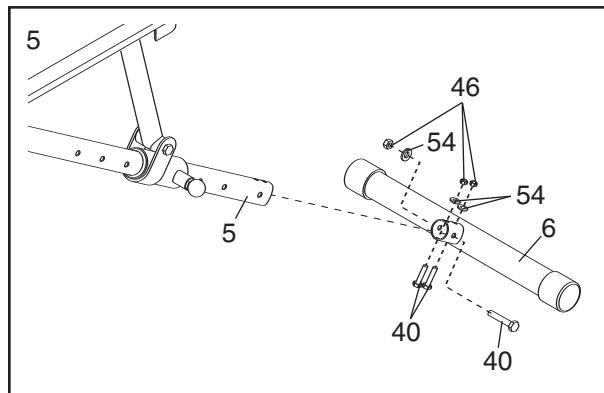
4. **Note: The backrest is not shown in this step for clarity.**

Grease an M10 x 175mm Bolt (42). Attach the Adjustment Leg (5) to the Top Frame (1) with the Bolt and an M10 Nylon Locknut (45). **Do not overtighten the Bolt; the Adjustment Leg must be able to pivot easily.**

Grease two M10 x 20mm Screws (9). Attach the Support Leg (7) to the Top Frame (1) with the Screws. **Do not overtighten the Screws; the Support Leg must be able to pivot easily.**

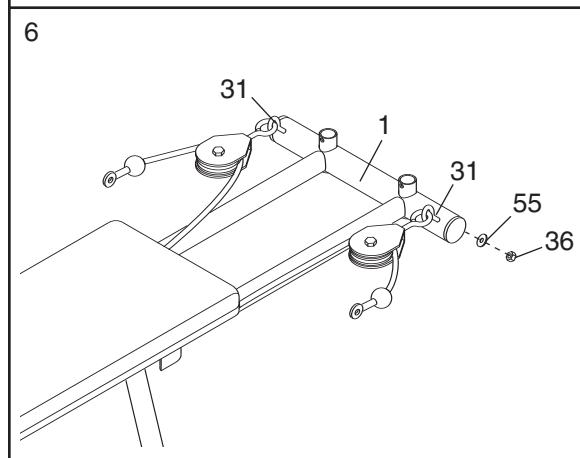


5. Attach the Stabiliser (6) to the Adjustment Leg (5) with three M8 x 52mm Bolts (40), three M8 Black Zinc Washers (54), and three M8 Black Zinc Nylon Locknuts (46). **Make sure that the head of the Bolt is in the hexagonal hole in the Stabilizer.**

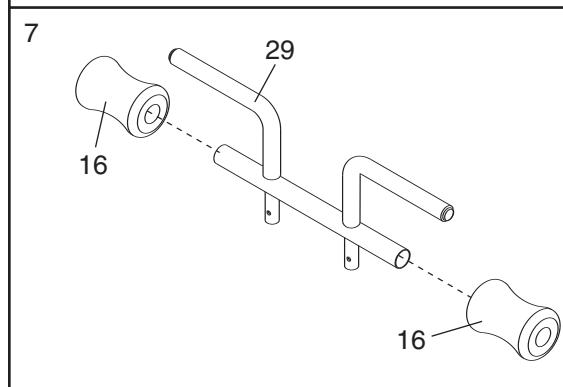


6. Attach an 108mm Eyebolt (31) to the Top Frame (1) with an M8 Bright Zinc Washer (55) and an M8 Bright Zinc Nylon Locknut (36). **Do not overtighten the Locknut; the Eyebolt must be able to pivot easily.**

**Repeat this step on the other side of the Top Frame (1).**



7. Slide a Foam Pad (16) onto each side of the Handlebar (29).
8. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the next page.



# ADJUSTMENTS

The weight training system is designed to use your own body weight as resistance. The steps below explain how the weight training system can be adjusted and folded for storage. Refer to the accompanying exercise guide to see the correct form for each exercise.

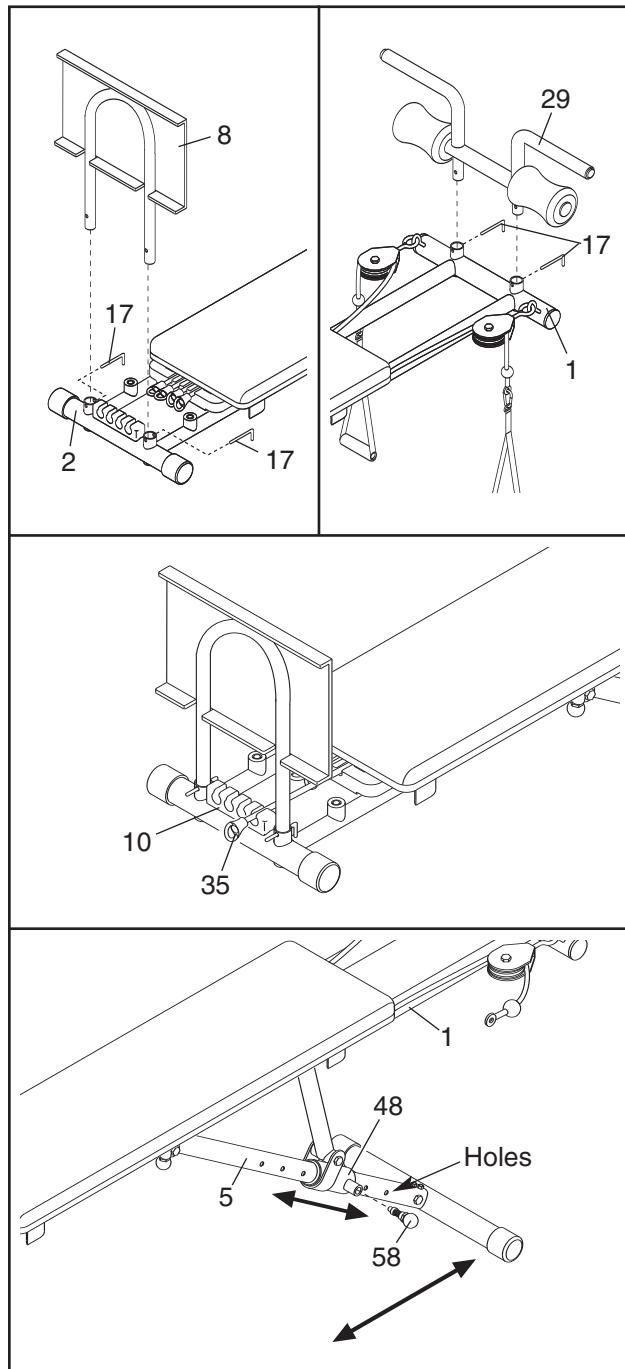
Make sure all parts are properly tightened each time the weight training system is used. Replace any worn parts immediately. The weight training system can be cleaned with a damp cloth and mild, non-abrasive detergent; never use solvents.

## ATTACHING THE FOOT PLATE OR HANDLEBAR

For some exercises, the Foot Plate (8) will need to be attached to the weight training system. Slide the Foot Plate into the Bottom Frame (2) and secure it with two L-Pins (17).

For some exercises, the Handlebar (29) will need to be attached to the weight training system. Slide the Handlebar into the Top Frame (1) and secure it with two L-Pins (17).

**CAUTION:** Remove the Handlebar (29) if performing an exercise that does not require it.



## ADJUSTING THE RESISTANCE

To increase the resistance of the weight training system, pull a Bungee Cord (35) down and slide it into the Bungee Bracket (10). For more resistance, slide more Bungee Cords into the Bungee Bracket.

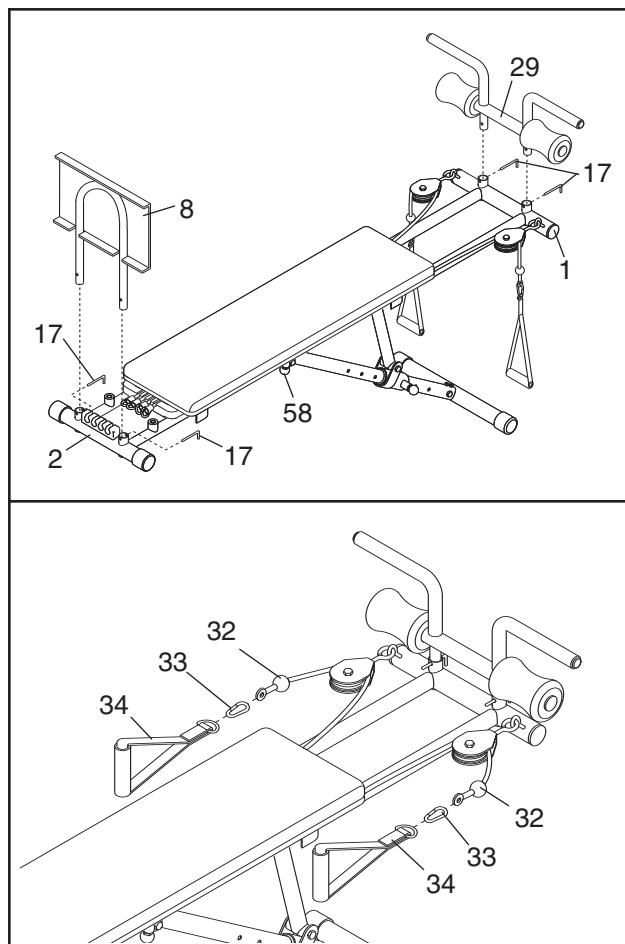
## ADJUSTING THE INCLINE

The incline of the weight training system can be adjusted to change the resistance level of your workout.

To adjust the incline, lift the Top Frame (1) until the indicated Knob (58) on the Adjustment Bracket (48) can be removed from the hole in the Adjustment Leg (5). Slide the Adjustment Bracket to the desired position and insert the Knob into a hole in the Adjustment Leg. **Note:** Make sure that the Knob on the Adjustment Bracket is fully inserted into a hole in the Adjustment Leg.

## STORING THE WEIGHT TRAINING SYSTEM

To store the weight training system, detach the Handlebar (29) from the Top Frame (1), and the Foot Plate (8) from the Bottom Frame (2), by removing the four L-Pins (17). Next, pull out the indicated Knob (58) and slide the Bottom Frame as far into the Top Frame as it will go. Finally, adjust the system to the fully declined position. (See ADJUSTING THE INCLINE, on page 8.)



## ATTACHING THE HANDLES

Attach the Handles (34) to the ends of the Cable (32) with the two Cable Clips (33).

# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### **Muscle Building**

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

### **Toning**

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

### **Weight Loss**

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### **Cross Training**

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or an exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### **WARMING UP**

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### **WORKING OUT**

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### **EXERCISE FORM**

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

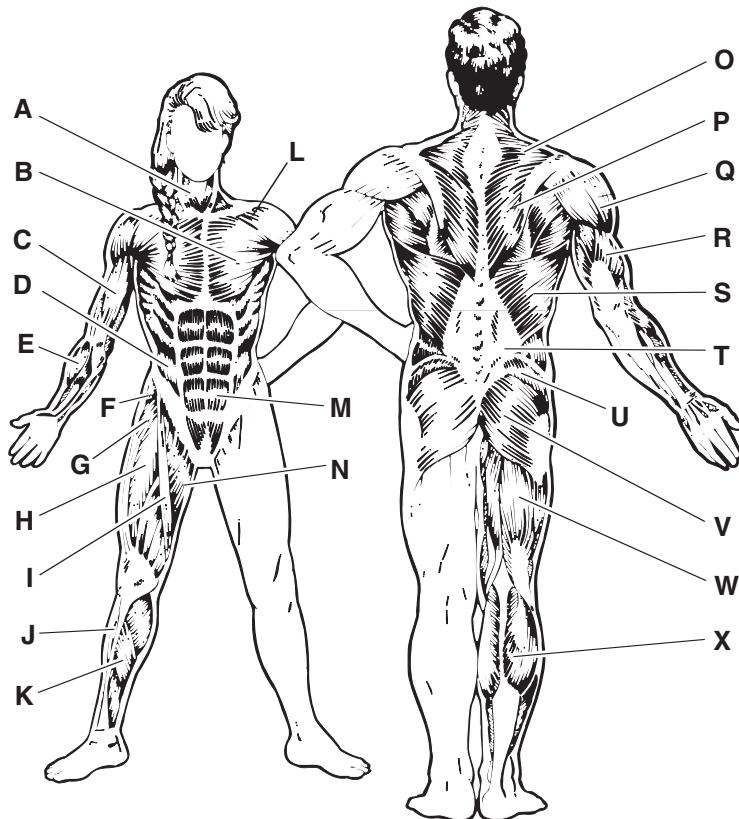
## COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

## STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



## MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

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## ORDERING REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.  
Unit 4, Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

Tel:

**08457 089 009**

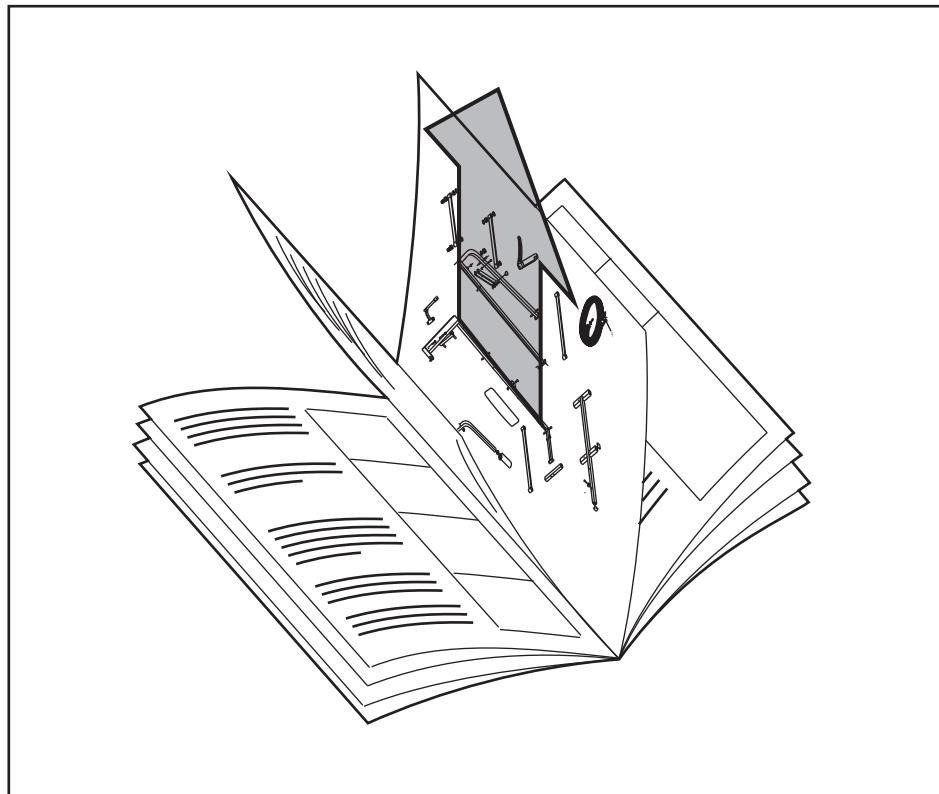
Outside the UK: 0 (44) 113 3877133  
Fax: 0 (44) 113 3877125

When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEEVBE1444.0)
- the NAME of the product (WEIDER TOTAL BODY WORKS 5000 weight training system)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the center of this manual)

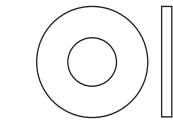
**MAKE ASSEMBLY EASIER. REMOVE AND USE THIS  
PART IDENTIFICATION CHART AND PART  
LIST/EXPLODED DRAWING DURING ASSEMBLY.**

**SAVE THIS PART IDENTIFICATION CHART  
PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE**

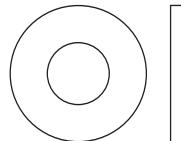


# PART IDENTIFICATION CHART

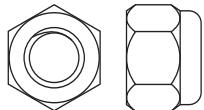
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



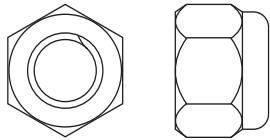
M6 Washer (39)



M8 Washer (54, 55)



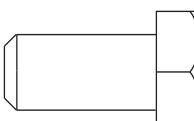
M8 Nylon Locknut (36, 46)



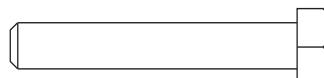
M10 Nylon Locknut (45)



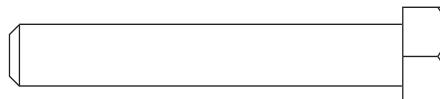
M6 x 16mm Screw (60)



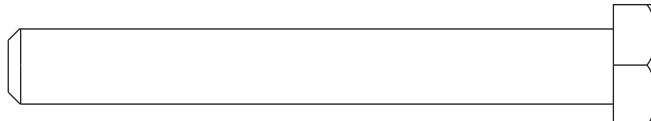
M10 x 20mm Screw (9)



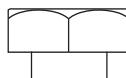
M6 x 38mm Screw (51)



M8 x 52mm Bolt (40)



M10 x 80mm Bolt (43)



M10 x 175mm Bolt (42)

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# PART LIST—Model No. WEEVBE1444.0

R1005A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Top Frame	34	2	Handle
2	1	Bottom Frame	35	4	Bungee Cord
3	1	Backrest Frame	36	2	M8 Bright Zinc Nylon Locknut
4	1	Backrest	37	2	M10 x 43mm Bolt
5	1	Adjustment Leg	38	2	M8 x 90mm Bolt
6	1	Stabiliser	39	6	M6 Washer
7	1	Support Leg	40	3	M8 x 52mm Bolt
8	1	Foot Plate	41	2	M10 x 63mm Screw
9	2	M10 x 20mm Screw	42	1	M10 x 175mm Bolt
10	1	Bungee Bracket	43	1	M10 x 80mm Bolt
11	1	Backrest Bracket	44	2	Grip Tape
12	4	50mm Outer Cap	45	7	M10 Nylon Locknut
13	2	50mm Inner Cap	46	7	M8 Black Zinc Nylon Locknut
14	2	25mm Round Inner Cap	47	6	M4 x 20mm Self-tapping Screw
15	2	Handgrip	48	1	Adjustment Bracket
16	2	Foam Pad	49	2	56mm Bushing
17	4	L-Pin	50	2	38mm Round Inner Cap
18	2	Pulley Housing	51	4	M6 x 38mm Screw
19	2	70mm Pulley	52	2	M10 Ball Head Nut
20	1	90mm Pulley	53	2	M8 x 85mm Bolt
21	1	Right 38/32mm Bushing	54	3	M8 Black Zinc Washer
22	1	M10 x 45mm Bolt	55	2	M8 Bright Zinc Washer
23	6	Small Bushing	56	2	M10 Washer
24	2	Small Wheel	57	1	Left 38/32mm Bushing
25	2	Big Bushing	58	2	Knob
26	2	Big Wheel	59	1	Pulley Guard
27	2	Bumper	60	2	M6 x 16mm Screw
28	2	32mm Round Inner Cap	61	1	Small Bumper
29	1	Handlebar	62	1	M4 x 16mm Self-tapping Screw
30	2	60mm Eyebolt	63	1	M4 Washer
31	2	108mm Eyebolt	#	1	User's Manual
32	1	Cable	#	1	Exercise Guide
33	2	Cable Clip	#	1	Grease Packet

Note: "#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

## **EXPLODED DRAWING—Model No. WEEVBE1444.0**

R1005A

